

Framingham Parks, Recreation and Cultural Affairs

Register Online:
www.FraminghamRec.com



475 Union Avenue
Framingham MA 01702
Telephone 508-532-5960



2017 FALL PROGRAMS



REGISTRATION BEGINS MONDAY, SEPTEMBER 25, 2017

* ON-LINE AT 9:00am @ www.FraminghamRec.com * UNLESS OTHERWISE NOTED *

The Framingham Parks & Recreation Department is proud to introduce our activity registration system and website. This program will allow you to streamline the registration process, eliminate repeat registration forms, give the ability to use credit & debit cards, and give you the freedom to register for programs after normal business hours, from home, or on the go!

Create an Account at www.framinghamrec.com with all your household information as soon as possible. By doing this, you'll be able to provide us with emergency contacts, allergy/medical information & more so we can serve you better. Please add all of your household members to the account. Your new household account will provide you with registration history, financial history and much more.

All of our programs will be offered in real time and 100% of our spaces are available for all programs (unless otherwise noted) on a first-come, first-served basis. Therefore, programs will only be kept in your 'shopping cart' for a maximum of 15 minutes before they are released for someone else to take advantage of. **All programs are non-refundable.**

You may still come into the office to register for our programs if you prefer, but we will need everyone to create an account. We have a kiosk available for you to do it yourself and staff members will be on hand to walk you through the process.

When you're ready to fill out a registration form for **activities**, be sure to review the **How to Register for an Activity** page.

PRESCHOOL PROGRAMS

Baby Ballet - Ages 3-5 yrs.

Tuesdays, October 10 - December 12 (no class Oct. 31 & Nov. 7)

3:30-4:15pm ~ ~ \$88 per child

Class will be held at the Academy Bldg. in Cushing Memorial Park.



Micro Athletics - Ages 2 - 4

Tuesdays, November 14 - December 19

9:30-10:15am ~ ~ \$70 per child

Is your child ready to get moving, through fun games using unique gross motor equipment?! This is the perfect class! Incorporating individual play as well as group activities your child will enjoy a class filled with physical activity, game play, athletic skills, creativity and fun! From scooter boards to parachute, inflatable tubes to Messy Backyard, this class is sure to be a hit! Sneakers are required. Classes will be held at the Academy Building in Cushing Memorial Park



Pre-School Playgroup - Ages 2.5- 5 yrs.

Week of Sept. 27 - Week of Dec. 7

Wednesday for ages 2 ½ - 3 ½

Thursday for ages 3 ½ - 5

9:45-11:15am ~ ~ \$43 per child

Classes held at the Cushing Bldg., Cushing Memorial Park.

(Please use the Winter Street entrance at Keefe Tech.)



Start Smart Soccer - Ages 3-5 yrs.

Saturdays, Oct. 7 - Nov. 4

9:00-10:00am ~ OR ~ 10:00-11:00am ~ ~ \$58 per child/parent pair

Fundamentals and proper soccer techniques will be taught. Parent MUST participate with child. Children keep their equipment at the end of the program. Maximum 20 children. Classes held at the Brophy School Gym.



Tiny Trotters Riding Program - Ages 4-6 yrs.

This is a 5 week drop off program offered on Tues., Wed., or Thurs. to learn to ride, develop horsemanship skills and learn about farm animals. Classes held at Willow Brook Farm, Holliston. For more info., and to register, please visit their website www.willowbrookholliston.com



YOUTH PROGRAMS

Archery - Ages 10 - 15yrs.

Thursdays, October 12 - November 2

4:00pm - 5:00pm ~ \$91 per child

A fun and unique activity! Learn the fundamentals of archery; including safety, skill technique, range procedures, scoring, and fun competition. Classes held off of Dr. Harvey Cushing Way.

Beginner Ballet I - Ages 5-8 yrs.

Tuesdays, October 10 - December 12 (no class Oct. 31 & Nov. 7)

4:30-5:15pm ~ ~ \$88 per child

It is recommended that children take at least 2 sessions of Beginner Ballet I prior to moving on to Beginner Ballet II (offered next session) by the recommendation of the instructor. Class will be held at the Academy Bldg. in Cushing Memorial Park.



BLAST - Babysitter Lessons and Safety Training - Ages 11-15years

Thursday, October 12

4:00pm - 7:00pm ~ ~ \$53 per child

You'll learn how to react responsibly to medical emergencies, perform first-aid for common childhood injuries and illnesses, set-up and run your own babysitting business and how to entertain with games & songs. You'll receive an easy-to-follow sitter checklist you can copy for each job and a wallet-sized certificate of completion. Class will be held at the Parks & Recreation Office at Bowditch Field.

Drama Kids - Ages 5 - 11yrs

Thursdays, October 5 - December 14 (no class Nov. 23)

5:00-6:00 PM ~ ~ \$135 per child (10 weeks)

A children's drama class that uses improvisation skills to develop strong speaking and movement skills, teamwork and leadership skills as well as acting and directing skills. Class is directed to be inclusive to everyone and helps each student to find their voice. Class will be held at the Academy Building in Cushing Memorial Park.



Home Alone Safety - Ages 8-11 yrs.

Monday, October 23

4:00pm - 6:00pm ~ ~ \$48 per child

Learn different techniques to help you stay safe when you are home alone. Class will be held at the Academy Bldg. in Cushing Memorial Park.



Karate - Ages 7-12 yrs.

Wednesdays, Oct. 4 - Nov. 15

6:00-6:45pm ~ ~ \$73 per child

Classes held at Nick Cerio's, 885 Waverly Street Studio.



Kid Fit - Ages 8-12 yrs.

Available daily, Mon. - Thurs. from 4:30-5:30pm. A weekly group exercise class for kids aimed at getting in shape while having fun. Kids will have the experience of working out in a boxing gym in a group environment. Exercises are focused on improved strength, agility, and footwork while self defense techniques and exercises are taught to improve their overall health. Classes held at Bancroft Boxing, 701 Waverly Street. For more information, and to register, please contact Mike Meares at 508-446-2387 or visit www.bancroftboxing.com.

*** PLEASE REMEMBER ***

- ~ ALL RECREATION PROGRAMS ARE NON-REFUNDABLE
- ~ CLASSES ARE LIMITED & BASED ON A FIRST COME FIRST SERVED BASIS - PLEASE REGISTER EARLY!

Learn To Sew - Grades 2 and Up

Thursday, November 2 ~ 3:00pm - 5:30pm (early release day)

\$58 per child ~ class held at Sew Studio - 155 Boston Rd, Southborough

Come learn to sew! Sew Studio in Southborough is a fully equipped sewing studio where students can learn the basics of the sewing machine as well as some basic hand sewing. In this class, each student will complete one colorful book cover and a matching monster pencil case out of fabrics of your choice! No experience necessary!

Lifeguard Training - Ages 15+ yrs.

Saturdays, October 7 - November 25 (no class Oct. 21 or Oct. 28)

1:00 - 4:30pm

\$280 per resident (\$305 non-resident)

Lessons will be held at the Keefe Tech. Pool, Winter Street.

PAL Gym Schedule - Grades 6-12

September 19 - June 2018

Mondays - 6-8pm - Grades 6-8 - Woodrow Wilson Gym

Wednesdays - 7-9pm - Grades 6-8 - Woodrow Wilson Gym

Thursdays - 7-9pm - Grades 9-12 - Fuller Gym (door #16)

Fridays - 7-9pm - Grades 9-12 - Fuller Gym (door #16)

Sundays - 6-9pm - Grades 6-12 - Fuller Gym (door #16)

Piano Lessons - Ages 7&8

Saturdays, October 7 - 28 ~ 8:30 - 9:20am

\$102 per child

It is recommended that child has a piano or keyboard to practice, but not required. Class will be held at Piano Pear, 5 Edgell Road, Suite 5, Framingham.

Plastic Bricks and Motors Engineering Class - Ages 6-8

Thursdays, October 26 - December 7 (No class Nov 23)

5:30pm - 6:30pm ~ ~ \$75 per child

This is our 'Pirate's Quest Session!' Using LEGO educational products and our own unique Bricks 4 Kidz model plans, children will build some exciting ships, anchors and more. Principals of engineering, architecture physics and more will be taught first hand. Class will be held at the Microsoft Store in the Natick Mall. (Use PF Chang entrance to Mall)

Horsemanship Classes - 1 - 6 Grade

Weekdays 3:30pm - 5:30pm or Saturdays 10:00am-12:00pm or 12:30-2:30pm

For riders who wish to learn not only how to ride a horse, but to care for their equine friends and how to tack & untack. Classes held at Willow Brook Farm, Holliston. For more info., and to register, please visit www.willowbrookholliston.com



Do you have a program idea ?? Tell us about it !! E-mail us at Parks.Recreation@FraminghamMA.gov

EV3 Robotics - Ages 9-14 yrs.
Mondays, October 23 – November 27
5:30 – 7:00pm ~ ~ \$98 per child.
Learn to build a variety of robots using the Bricks 4 Kidz model plans. Students will also learn to download demonstration programs to make the robot work. It's easy to learn and teaches you basic programming logic. Classes held at the Microsoft Store in the Natick Mall. (Use PF Chang entrance to Mall)

Skating Lessons - Ages 5-12 yrs.
Saturdays, Nov. 4 – Dec. 9 ~ ~ 9:00am-10:00am ~ **OR** ~ 10:00am-11:00am
\$43 per child (\$48 non-residents)
APPROVED SKATE HELMETS REQUIRED FOR ALL SKATERS!
Instructors/volunteers needed! Contact Parks & Rec. Office at 508-532-5960 if interested.

Special Needs Swim Lessons - Ages 4 – 18 yrs.
Saturdays, October 7 – November 25 (no class Oct. 21 or Oct 28)
\$125 per swimmer (\$150 non-residents)
One-on-one, half-hour, swim lessons for children with special needs. Uses strategies, applications and techniques that allow children with sensory challenges, physical difficulties, and Autism, the tools needed to reach their potential in the pool. Only 9 spots available. Classes held at Keefe Tech Pool, Winter Street.

Start Smart Sports Development for Children with Special Needs - Ages 5 – 10 yrs.
Saturdays, October 7 – November 4
11:00am – 12:00pm ~ ~ \$68 per child
Class will be held at Brophy School. Learn fundamental sport skills. Parent **MUST** participate with child. Children keep their equipment.

Swim Lessons - Ages 3-18 yrs.
Saturdays, October 7 – November 25 (no class Oct. 21 or Oct 28)
\$43 per swimmer (\$48 non-residents)
Six weeks of 40 min. lessons (pre-school 30 min). Limited spots. Register early!
Lessons will be held at the Keefe Tech. Pool, Winter Street.

Swim Start & Turn Clinic - Grades 4-10
Sunday, October 8
12:00-2:00 pm at Keefe Tech Pool ~ ~ \$43 per swimmer
Focus will be on basic forward start technique and basic turns. Swimmers must be able to perform a basic standing dive from the side of the pool into deep water PRIOR to registering for this class.

Swim Team - Ages 6-18 yrs. (pending the hire of a new swim coach **)**
Begins in November ~ ~ Evening practice times TBA
\$125 per child
**** Registration begins at 9:00am on October 12th ****

Tennis Lessons - Ages 4-14 yrs.
Sundays, Oct. 15 – Nov 19
2:30pm- 3:15pm = Ages 4 & 5 ** 3:15pm-4:00pm = Ages 6 & 7
4:00pm-5:00pm = Ages 7 & 8 ** 5:00pm-6:00pm = Ages 8 - 10
6:00pm-7:00pm = Ages 10 – 14
\$83 per child ~ ~ Classes held at the Longfellow Club in Wayland.

Therapeutic Riding Lessons - Ages 2-16 yrs.
This program combines the enjoyment and freedom of horseback riding with important occupational, physical and speech therapy goals. This program uses Equine-assisted Activities and Therapies (EAAT) to provide sensory, cognitive, physical, emotional, and social stimulation for children with a variety of disabilities. EAAT integrates therapeutic interventions within the riding experience, helping riders develop strength, flexibility, and confidence. Classes held at Lil' Folk Farm, Holliston. For more info., and to register, please visit their website at www.helpinghooversriding.com

FAMILY PROGRAMS

New York Shopping Spree
December 2 ~ ~ \$55 per person
7:00am departure from Bowditch Field ~ 11:00pm return to Bowditch Field
Travel by motor coach and be dropped off near Grand Central Station. Shop until you drop, and meet the bus for a relaxing ride home! An optional Yankee Gift Swap will help to pass the time on your return trip. No stops will be made between Framingham and New York City. All children under the age of 18 must be accompanied by an adult.

Public Swim
All Ages - at Keefe Tech. Pool
October 7 – December 17 ~ ~ \$4 per adult / \$2 per child **CASH ONLY**
(No swimming on 10/21, 10/28, 10/29, 12/2, 12/3 – *(dates subject to change without notice)*)
Saturdays, 3:00-4:30pm * Sundays, 2:00-3:30pm

Public Skate
September 10, 2017 – April 12, 2018 ~ ~ **CASH ONLY**
\$5 per adult / \$3 ages 12 and under
Mondays – 10:00am-2:00pm * Tues.- Fridays – 9:00am-Noon
Saturdays & Sundays 2:00pm-3:45pm

Stick Time: (Helmets Required!) - CASH ONLY
Tues.- Fri. – 12:00pm-2:00pm ~ \$7 person ~ ~ Call Loring Arena at 508-532-5950 or check www.framinghamma.gov/index.aspx?NID=678 for more information.



! PUMPKINS IN THE PARK ! - Ages 3-12 yrs.
Saturday, Oct. 28 ~ ~ 1:00-3:30pm ~ ~ \$5 per child
Join the Framingham Parks & Recreation Department along with the Framingham Police Department for a costume parade, pumpkin decorating, hay ride and some trick-or-treating fun!
This year's event will be held at Cushing Memorial Park!
Rain, Sleet, Snow or Shine!
Must Pre-Register no later than Friday, Oct. 20th



ADULT PROGRAMS

Adult Pickleball
Ongoing Classes at The Longfellow Club in Wayland
Please call 508-358-9675 to reserve a court or ask about lessons!

Adult Trips - detailed forms available in the Recreation Office
October 18-20 ~ Atlantic City
October 21 ~ A day trip to Salem
December 9-10 ~ NYC Overnight
November 15 ~ Foxwoods
December 10th ~ Bright Nights

Cardio Tennis
Fridays, Oct. 6 – Nov. 10
11:00am-12:00pm ~ ~ \$83 per person
Get your cardio in while hitting tennis balls to fun, upbeat music! Classes held at the Longfellow Club in Wayland.

Adult Golf Lessons
Tuesdays, September 19 – October 17
6:00pm - 7:00pm ~ \$126 per person ~ equipment supplied if needed
Class held at Southborough Golf & Learning Center, 20 Turnpike Rd, Southborough
**** Registration begins September 5th ****

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Heart Saver First Aid & CPR
Monday, October 23
6:00pm – 9:00pm ~ ~ \$73 per person
American Heart Association Certificate – good for 2 years. First aid, Medical emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, & Pediatric CPR will be covered. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Class will be held at the Academy Building at Cushing Memorial Park.

Jack's Abby Social Tennis League - 21-40 yrs.
Wednesday, September 27 – Wednesday October 25
6:00pm – 9:00pm ~ \$55 per resident / \$60 per non-resident
This league offers young professionals the opportunity to meet new people while having fun during hour-long, doubles team format, tennis matches. Off-court activities will create a lively atmosphere! Played at Butterworth Tennis Courts.

Yoga
Mondays, October 23 – December 11
6:00pm-7:00pm ~ ~ \$65 per adult (\$70 Non-Resident)
You'll feel more balanced and connected in our gentle yoga class. Class taught by Terri Vogel. Classes held at Brophy School gym.

Open Gym Schedule
September – April 2017 ~ ~ **\$2 per person - CASH ONLY**
Fuller Gymnasium – please use door # 16
Tues. – 6:00pm-8:00pm * Sat. – 3:30pm-7:00pm * Sun. – Noon-3:00pm

Walk With The Parks & AMC ~ ~ www.outdoorsRx.org
OutdoorsRx – A Project of the Appalachian Mountain Club
Check out www.OutdoorsRx.org, an online community, and tool to find outings in Framingham, trip planning ideas, blogs, discussions, and more!

Tennis Lessons - Ages 15 - Adult
Sundays, Oct. 15 – Nov. 19
7:00pm-8:00pm (Beginner) ~ ~ 8:00-9:00pm (Intermediate)
\$83 per person ~ ~ Classes held at the Longfellow Club in Wayland.

55+ ADULT PROGRAMS

55+ Adult Exercise
Ongoing Classes at the Callahan Center ~ Tuesdays, 10:00am-10:45am ~ No Fee!

55+ Adult Open Swim ~ 2:00pm-3:00pm ** No Fee!
Saturdays, October 7 - December 16 at Keefe Tech. Pool
(No swimming on 10/21, 10/28, 12/2 - *(dates are subject to change without notice)*)

For additional 55+ Adult Programming, please visit:
<http://www.framinghamma.gov/DocumentCenter/View/15192>

**** REGISTRATION BEGINS MONDAY, SEPTEMBER 25, 2017 ****
**** ON-LINE AT 9:00am @ www.FraminghamRec.com ** UNLESS OTHERWISE NOTED ****

The Town of Framingham values inclusion. When seen next to a program, this symbol notates that people with and without disabilities are welcome to register. The Town of Framingham intends to comply with the Americans With Disabilities Act. If you need a reasonable modification of policies, auxiliary aides, or services, please contact us at least two weeks before the event or as soon as possible. If necessary, parents or aides are welcome, and may be asked to attend with participants.

**** CLASSES ARE LIMITED AND BASED ON A FIRST COME FIRST SERVED BASIS - REGISTER EARLY! ****
**** ALL RECREATION PROGRAMS ARE NON-REFUNDABLE ** ALL NON-RESIDENTS ARE SUBJECT TO AN ADDITIONAL NON-RESIDENT FEE ****

Residents Register on first day of Registration, Non-Residents the next day if space available.
All services and fees are subject to change.
Spanish & Portuguese translations provided by the Parks & Recreation Dept.
For more information on any recreation program call: Elaine Prue or Trisha Powell at 508-532-5960